

SPORTS

Classes

Aerobics class

The Low-Impact Aerobics class begins at 9:30 a.m. **Mondays, Wednesdays and Fridays.**

PT Prep

PT Prep is a circuit training and aerobics class combined. It is designed to keep the heart rate up while working on circuit exercises that focus on push-ups and sit-ups.

The aerobic portions focus on intense exercises—jumping jacks, sprints (in place), hustlers, shuffles, body builders—that build cardiovascular endurance to help with the PT run.

PT Prep is **Mondays, Wednesdays and Fridays** at 6 a.m.

“Boot Camp”

Recall the glory days of boot camp while getting into shape.

Classes are **Wednesdays**, 5 p.m., at the East Fitness Center.

Call 846-1073.

Personal trainers

Two personal trainers are on-call at the East Fitness Center.

James Allison is a Certified International Fitness Professional Association member and Diane Cabral is a Certified National Strength and Condition Association Personal Trainer.

Fee for consultations is \$25 an hour.

Call 846-1102.

Spinning class

Indoor cycling classes are held at the East Fitness Center, **Monday-Thursday**, 6 p.m., and **Saturdays** at 1 p.m.

Call 846-1073.

Kayak roll

Another Kayak roll clinic with safety techniques, wet exits, Eskimo rescue and rolling will be in **April** in the Indoor Pool.

Fee is \$20 if you have gear and \$25 without.

At least five students must register for the class.

Call 846-1499.

Lunch Crunch

The East Fitness Center has the Lunch Crunch, **Mondays, Wednesdays and Fridays**, 12:30-1 p.m.

The aerobics class focuses on abs, thighs and glutes.

Call 846-1102.

Yoga

Join the **Saturday** Yoga Class at 11 a.m.

The focus is more down-to-earth benefits of Yoga, including improved physical fitness, mental clarity, greater self-understanding, stress control and general well-being achieved with continuous stretching exercises.

Swim to fitness

Water aerobics is open on a pay-by-the-day or pool pass basis at no additional charge.

Classes are **Mondays, Wednesdays and Fridays**, 11 a.m., and **Mondays and Wednesdays**, 5:30-6:30 p.m.

Clubs & programs

Run

The East Fitness Center holds the “Run for Your Life” program. Participants are authorized three miles a day. Incentive prizes are given out for miles accumulated.

Call 846-1102.

Ride

Be a part of Air Force Cycling in the “Go for the Ride of Your Life.”

You can win T-shirts, caps, towels and water bottles.

Pick up a mileage card at the East Fitness Center.

Call 846-1068 or 846-1102.

Handball club

The handball clubs takes no initiation fees or dues and has no meetings—just competitive handball games.

Courts 2 and 5 are reserved 11 a.m.-1 p.m. for challenge games.

New members are always welcome.

Call 846-2454.



**Sipapu-Telemark
Ski Festival**

**Take a trip with
Outdoor Recreation!
Saturday, 6 March
5:30 a.m.-midnight
\$50 per person
Call 846-1275**

SPORTS

Swim Team

Provide your children with greater opportunity to learn, grow and compete. Kirtland Aquatics Club offers year round Swim team for children 6-17 years of age.

Call 271-9586.

Masters Swim

Remember the exhilaration and camaraderie you felt swimming in competition on your school or summer team? You have the opportunity to experience the thrill as an adult.

The Kirtland Olympic pool offers a Masters Swim Team run by the Kirtland Aquatics Club. A great

opportunity to get into shape and swim competitively, if desired. Stay motivated swimming in a team atmosphere.

Call 271-9586

Miscellaneous

Reserve the Center

The Fitness Center can be reserved for unit fitness training.

Call 846-1102.

Baseball Registration

Don't forget to sign your child up for the 2004 Youth Baseball season. Registration is currently being accepted at the Youth Center through **March 1**.

Call 846-1555.

Specials

Golf 'tune-up'

"Make the Move to Improve!" with a spring "tune-up" at Tijeras Arroyo Golf Course.

February-April, the golf course offers golf tips, a large bucket of range balls and a takeout lunch **Tuesdays and Thursdays**, 11:30 a.m.-1 p.m.

The fee for sessions, limited to 10 golfers, is \$10 at the Pro Shop.

Call 846-1574.

Winter Golf Special

Every **Monday** through **Thursday**, excluding federal holidays, play a round of golf, receive the use of a

cart and enjoy a Bogey Basket meal for only \$20.

That's a one-time savings of up to \$18.

Call 846-1574.

March Golf Special

Tijeras Arroyo Golf Course is offering a free oil and filter change in **March**. With the purchase of four green fees with all players taking a cart or an annual fee holder with three guest fees (also with four carts), you will receive one coupon (per four-some) for a free oil and filter change at the Kirtland Auto Skills Center.

This offer is valid **Monday through Thursday** and is not valid with any other specials. Call 846-1574 for more information.